



Wellspring's Thirty-Week Cancer Exercise Program

Program Overview:

Research continues to indicate that exercise has significant benefits for people coping with cancer. Exercise enhances quality of life and reduces symptoms during and following treatment. Wellspring's exercise program focuses on restoring and improving the physical well-being of individuals who are undergoing or have completed cancer treatment.

The exercise program begins with a comprehensive assessment by a trained Cancer Exercise specialist who will design a personalized program.

Program components:

- One-hour initial assessment one-on-one with exercise leader
- 2 one-hour classes each week for 10 weeks
- 1 one-hour class each week for 20 weeks

What to Wear & Bring:

Please wear comfortable clothing and running shoes and bring a towel and water bottle for the assessment and sessions.

Next Steps:

Once you have your consent signed, please call or drop by your nearest centre for information on times and dates and to book an assessment time. Cancer Exercise is available at these 4 locations in the GTA:

Wellspring Downtown
4 Charles St. E 4th floor
Toronto, ON
416-961-1928

**Wellspring Westerkirk
House at Sunnybrook**
2075 Bayview Avenue.
Toronto, ON
416-480-4440

**Wellspring Birmingham
Gilgan House**
2545 Sixth Line
Oakville, ON
905-257-1988

**Wellspring
Chinguacousy**
5 Inspiration Way
Brampton, ON
905-792-6480



Wellspring Cancer Exercise Program Physician Consent Form

PLEASE PRINT Please circle one of the following Mr. Mrs. Miss. Ms.

Last Name: _____ First Name: _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Telephone: _____

Date of birth (dd/mm/yyyy): _____ Age: _____ Email: _____

Treatment	Comments
<input type="checkbox"/> Exercise Program	_____
<input type="checkbox"/> Pain Control	_____
<input type="checkbox"/> Range of Motion	_____
<input type="checkbox"/> Other:	_____

Our program is available to adults with cancer who have been diagnosed, are undergoing treatment or are in survivorship. We offer our program twice for ten weeks (initial phase) and then once per week for 20 weeks (transition phase). All sessions are supervised by a physiotherapist, kinesiologist, and/or exercise physiologist.

The following list of criteria must be met for an individual to attend our program:

- ✓ Diagnosed with cancer
- ✓ Over 18 years of age
- ✓ Ability to participate in an exercise program
- ✓ Motivation to participate in an exercise program

Cancer Diagnosis: _____ Stage: _____

Metastatic Lesion: Y / N If yes, indicate location: _____

Additional comments/Comorbidities requiring consideration during exercise:

I give my consent for the above applicant to participate in the Wellspring Cancer Rehabilitation Program:

Physician Signature Date

Physician Address